



## SENIOR & MASTERS SQUAD CRITERIA

**\*This document must be read in conjunction with the Club Ethos and Expectations**

### 1. SWIMMING COMPETENCE

- Preferably must be/have been a bona fide competitive swimmer.
- Be able to train at a reasonable pace for 2500-4000 metres in one and a half hours.

### 2. AGE

Generally, it is for swimmers 17 years and older organised in two different sub-squads:

- Age group Senior swimmers: 17 – 24
- Masters: 25 and older

### 3. COMMITMENT

- There is no set number of sessions required, however the recommendation is that swimmers attend training at least once a week
- Competing in individual events at Arena National League, and in relays at County, Regional and National Championships representing SPBSC

\*Any exceptions to the criteria need to be discussed and agreed with the coaches

### ABOUT THIS SQUAD

The Senior and Masters Competition Squad is basically an organised and supervised swim practice for adults which encompasses the disciplines of Senior Open Age Group, Senior and Masters Age Group, Open Water Swimming and Triathlete Competitive Swimming. All these swimmers train and compete to win. Age groups include the 25+ year-old and the 17-24 year-old age group. There is also an integral link with the 15+ year old age group through the Competitive Development Squad. There is of course a philosophy: Make swimming a “lifestyle” activity – have fun!

**Lead Coach:** Tony Pearce

**Swimmers:** Girls and boys over 17 years old and women and men over 25 years of age

**Training:** Pool sessions – 9.5 hours (6 sessions) per week

**Competitions:** Club, County, Regional and National Championships and Inter Club Swim Leagues

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Affiliated to the ASA, London Region ASA and Surrey County Water Polo and Swimming Association

